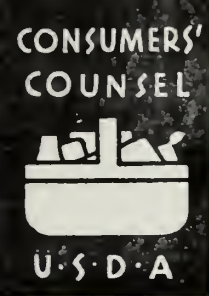


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C76 Library, U. S. MAYONNAISE AND SALAD DRESSING

CONSUMER TIPS > >

(Information from Bureau of Home Economics, USDA
and Food and Drug Administration)

GPO 16—19214

Mayonnaise - "a semi-solid emulsion of edible vegetable oil, egg yolk, or whole egg, vinegar and/or lemon juice, with one or more of the following; salt, other seasoning commonly used in its preparation, sugar and/or dextrose. The finished product contains not less than 50 percent edible vegetable oil." (Federal Standard)

Salad Dressing - no Federal standards; may vary greatly in oil and egg content, moisture, etc.; may contain starch as filler. (over)

Receipe for mayonnaise - 1 egg yolk; 2 tablespoons vinegar or lemon juice; $\frac{1}{2}$ teaspoon sugar; $\frac{1}{2}$ teaspoon salt; paprika to taste; 1-2 drops Tabasco sauce; $\frac{3}{4}$ - 1 cup salad oil. Directions: Mix seasonings with 1 tablespoon vinegar or lemon juice, add yolk of egg, beat slightly. Begin adding oil, teaspoon at time, beating thoroughly each time. When mixture is thick, add remaining acid, gradually beat in rest of oil.

Receipe for cooked dressing for fruit salad - 2 eggs or 4 egg yolks; $\frac{1}{4}$ cup vinegar; 1 cup sour cream; $\frac{1}{2}$ table-spoon sugar; $\frac{1}{2}$ teaspoon salt; $\frac{1}{4}$ teaspoon mustard; $\frac{1}{8}$ teaspoon paprika. Directions: beat eggs, add ingredients, mix thoroughly. Cook in double boiler, stir constantly until mixture thickens.

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